



Almond Ricotta Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



194 kcal

DESSERT

Ingredients

- 1.3 cups flour
- 1 teaspoon almond extract
- 1 cup almonds sliced
- 0.5 cup apricot preserves
- 0.3 teaspoon double-acting baking powder
- 0.7 canola oil
- 1 eggs
- 4 eggs room temperature ()

- 1.5 tablespoons juice of lemon
- 2 teaspoons lemon zest
- 2 tablespoons milk
- 1 tablespoon orange liqueur
- 0.8 cup ricotta cheese
- 1.5 teaspoons rum
- 0.3 teaspoon salt
- 0.3 cup sugar
- 1 cups sugar
- 1 teaspoon vanilla

Equipment

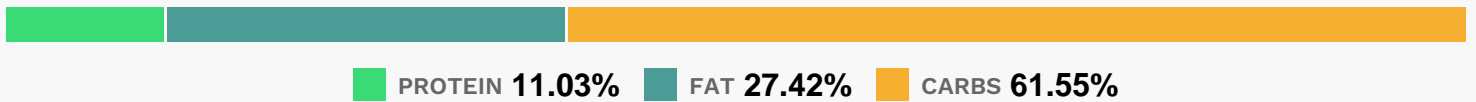
- bowl
- oven
- whisk
- mixing bowl
- cake form
- microwave
- springform pan
- skewers

Directions

- Cake: In a large mixing bowl beat the eggs, sugar, and oil on high speed until thick and pale (about 8 minutes).
- Add the ricotta, lemon juice, zest, rum, vanilla and almond extract.
- Mix until blended. In a separate bowl, sift together the ground almonds, flour, baking powder and salt.
- Whisk into the ricotta mixture, in 3 additions.

- Pour the batter into 10" springform pan which has been buttered and the bottom lined with parchment paper.
- Bake in a preheated 350F oven for 45–50. The cake is done when a wooden skewer inserted in the center comes out clean. Topping: Increase your oven temperature to 375 F
- Heat the milk and stir in 2 tablespoons of sugar. Toss in the almonds, making sure that the nuts are coated. In a separate bowl, blend together the 3/4 cup ricotta, egg, 1/4 cup sugar, zest and vanilla.
- Spread the ricotta mixture topping over the baked cake and sprinkle with the almond slices. Return to the oven and continue baking for 15 minutes, until the almonds are a golden brown.
- Remove from the oven and spread the glaze over the almonds. Allow the cake to cool before removing from the cake pan. Glaze: In the microwave or in a small pan heat the apricot jam until it starts to liquefy, it takes a minute or two. Stir to make sure it doesn't burn. Strain the jam if there is a large amount of pulp.
- Brush gently on the baked cake.

Nutrition Facts



Properties

Glycemic Index: 24.82, Glycemic Load: 16.5, Inflammation Score: -2, Nutrition Score: 5.2804347826087%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.14kcal (9.71%), Fat: 5.96g (9.16%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 29.04g (10.56%), Sugar: 19.66g (21.85%), Cholesterol: 57.3mg (19.1%), Sodium: 76.48mg (3.33%), Alcohol: 0.57g (3.18%), Protein: 5.39g (10.78%), Selenium: 9.74µg (13.91%), Vitamin B2: 0.21mg (12.21%), Vitamin E:

1.66mg (11.04%), Manganese: 0.21mg (10.39%), Phosphorus: 87.53mg (8.75%), Folate: 28.65µg (7.16%), Vitamin B1: 0.1mg (6.47%), Calcium: 56.82mg (5.68%), Iron: 1.01mg (5.59%), Magnesium: 21.35mg (5.34%), Copper: 0.1mg (4.77%), Fiber: 1.04g (4.14%), Vitamin B3: 0.82mg (4.09%), Zinc: 0.58mg (3.84%), Vitamin B5: 0.32mg (3.17%), Vitamin A: 144.44IU (2.89%), Vitamin B12: 0.17µg (2.87%), Potassium: 95.49mg (2.73%), Vitamin B6: 0.04mg (2.22%), Vitamin D: 0.32µg (2.13%), Vitamin C: 1.52mg (1.84%)